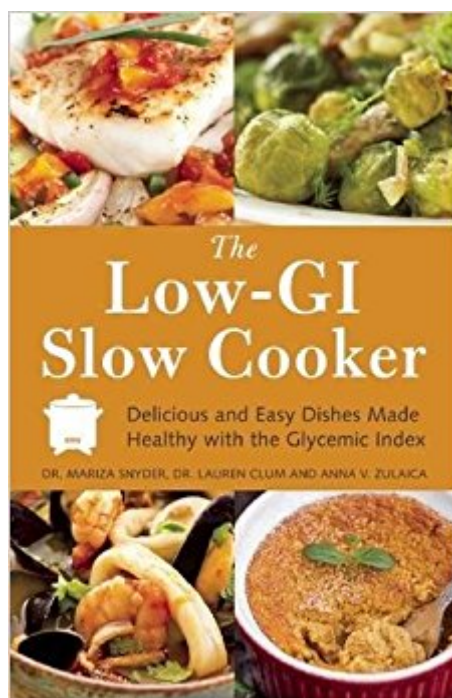


The book was found

The Low GI Slow Cooker: Delicious And Easy Dishes Made Healthy With The Glycemic Index



Synopsis

HEALTHY, HASSLE-FREE LOW GI MEALS Cooking dishes that score low on the Glycemic Index has never been easier or more delicious. Make the recipes in this book by simply mixing the ingredients, tossing them into your slow cooker and coming back later to a ready-made meal. The Low GI Slow Cooker includes: French Toast Casserole Vegetable Frittata Cheesy Broccoli Gratin Smoky Turkey Chili Chicken Sausage and Kale Soup Pulled Pork Tacos Lamb Stuffed Bell Peppers Mushroom and Eggplant Lasagna Duck Legs with Shiitake Mushrooms Spiced Sockeye Salmon with Greens Braised Beef Short Ribs Berry Cobbler Chocolate Peanut Butter Custard If you want to get healthy and lose weight, while also lowering your risk of diabetes and heart disease, the recipes in this book are perfect for you. They minimize cholesterol and blood sugar reactions as well as the stress of cooking.

Book Information

Paperback: 208 pages

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Average Customer Review: 4.1 out of 5 stars 56 customer reviews

Best Sellers Rank: #83,508 in Books (See Top 100 in Books) #119 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb #157 in Books > Cookbooks, Food & Wine > Cooking Methods > Slow Cooking #217 in Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate

Customer Reviews

The DASH Diet Cookbook-Mariza-Snyder, MD-9781612430478-\$14.95-Ulysses Press-03/13/2012-21391-

The DASH Diet Cookbook|Mariza|Snyder, MD|9781612430478|\$14.95|Ulysses Press|03/13/2012|21391|

I ordered this book primarily because of the exceptional reviews. When the book arrived, it was smaller than an average cookbook with poor paper quality. The book was "padded" with most of the recipes on one side of the page and the nutritional info on the opposite page. Even the page of the index was listed as 219 and the book didn't even have a page 219! The recipes were not inspiring and there were only about 90 recipes in the entire book. I was pretty shocked that the book had been reviewed so well UNTIL I STARTED LOOKING AT THE REVIEWS! Almost all of the 5 star reviews were written by either the author or friends/family because that is the only book they have reviewed! This really disgusts me because reviews are pretty much all we can use in determining how well a book has been received. I have REPORTED these reviews and have RETURNED my book for a full refund! Thank God for 's great policies!

Surprisingly small, and with no pictures! I was expecting to browse the pictures in deciding what to make. Can't speak to any of the recipes yet, but so far this is not an appealing or inspiring cookbook. Will probably return.

Love this cookbook. Already cooked 3 things from this in my first two weeks and all tasted great

I bought this book based on the front cover photo (bottom left) of a seafood dish with calamari, shrimp and mussels . . . primarily the calamari. There is no such recipe in the book. There are no recipes containing calamari in the book. Very disappointed!

I was looking for healthy recipes that I could make in my slow-cooker -- this recipe book looked as though it would fill the bill. I selected two recipes that I thought sounded pretty good, but was surprised by the number and combination of spices listed. Nonetheless, I went out and bought those I didn't have. Both dishes were less than exciting. My husband wouldn't eat the leftovers after my first serving of each.

Great recipe options. Increased my dinner choices ten fold!

No pictures...disappointed in layout of book...

GOOD COOKBOOK

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